

# Fit Well

## Seminar Series

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# Healthy Eating on the Go

# March 31

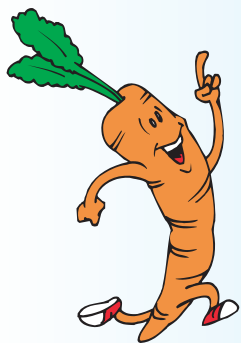
**11:30 a.m.**

**Bring your lunch.**

**Bldg. 200, 3rd Floor  
NSAW Conference Room**

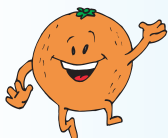
**PRE-REGISTRATION IS REQUIRED**

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- \* Quick Healthy Meals & Snacks
  - \* Best choices in Italian, Mexican, Asian and American restaurants
  - \* Tips on packing lunches
  - \* Guidelines for Fast Food and Restaurant Healthy Choices
  - \* Calorie and nutrition counter for the WNY Fast Food Restaurants
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Pre-register at WNY Fitness Center Front Desk by March 24, or  
Pre-register by email: Send the following to NDW NSAW Fitness/Wellness Director:  
**Name, Command, Status (Military - Active Duty, Dependent, Civilian, Contractor)**  
**Bldg. #, & Work Phone Number.**  
Email to [carol.binzen@navy.mil](mailto:carol.binzen@navy.mil)



Questions? Contact your Fitness/Wellness Director at (202) 433-6423.

